

WE ARE SAD TO SEE YOU GO!

We hope that WIC has been a positive experience for you and your family. Please spread the word about this supplemental nutrition program.

Inside are some healthy nutrition tips for children and some resources that may help you in your community.

We hope you continue to use the information you received from WIC to make healthy choices for you and your family.

Think you might qualify for WIC again in the future, please contact your local WIC office



USDA is an equal
opportunity provider
and employer



Montana WIC Program
1400 Broadway,
Cogswell Building C305
PO Box 202951
Helena MT 59620
Phone 1-800-433-4298
Fax 406-444-0239
<http://wic.mt.gov>



**Thank you
for your
participation!**

Company Name
Street Address
City, St, Zip
Phone
Fax
Hours of Operation



LOCAL RESOURCES:

- LOCAL FOOD BANKS:
 - LIST YOUR LOCAL FOOD BANK ADDRESS AND HOURS HERE
- IMMUNIZATIONS
 - LIST THE PHONE NUMBER HERE
- SNAP
 - CONTACT INFORMATION
- DENTIST
- HEALTH CARE PROVIDERS
- PLANNED PARENTHOOD (OTHER PROGRAMS)
 - ADDRESS, HOURS, AND PHONE NUMBER
- SCHOOL LUNCH PROGRAM
 - CONTACT INFORMATION
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HEALTH TIPS FOR CHILDREN

- DIVISION OF RESPONSIBILITY:
 - CHILDREN WILL CHOOSE HOW MUCH AND WHAT THEY EAT.
 - PARENTS ARE RESPONSIBLE FOR WHAT, WHEN, AND WHERE FOOD IS OFFERED.
- 4 STEPS TO FOOD SAFETY: CLEAN, SEPARATE, COOK, CHILL
- KEEPING HANDS CLEAN IS ONE OF THE BEST WAYS TO PREVENT THE SPREAD OF INFECTION AND ILLNESS.
- BOOSTER SEAT: ONCE CHILDREN OUTGROW THEIR FORWARD-FACING SEAT, THEY SHOULD BE BUCKLED IN A BOOSTER SEAT UNTIL SEAT BELTS FIT PROPERLY. THE RECOMMENDED HEIGHT FOR PROPER SEAT BELT FIT IS 57 INCHES TALL.
- RESOURCES:
 - WWW.CHOOSEMYPLATE.GOV
 - WWW.CDC.GOV
 - HANDWASHING
 - BOOSTER SEAT
 - FOOD SAFETY

WIC INCOME ELIGIBILITY GUIDELINES JULY 2016 - JUNE 2017

HOUSEHOLD SIZE	ANNUAL	MONTHLY	2X MONTHLY	BI-WEEKLY	WEEKLY
1	\$21,978	\$1,832	\$916	\$846	\$423
2	\$29,637	\$2,470	\$1,235	\$1,140	\$570
3	\$37,296	\$3,108	\$1,544	\$1,435	\$718
4	\$44,955	\$3,747	\$1,874	\$1,730	\$865
5	\$52,614	\$4,385	\$2,193	\$2,024	\$1,012
6	\$60,273	\$5,023	\$2,512	\$2,319	\$1,160
7	\$67,951	\$5,663	\$2,832	\$2,614	\$1,307
8	\$75,647	\$6,304	\$3,152	\$2,910	\$1,455
Each Additional Member Add	+\$7,696	+\$642	+\$321	+\$296	+\$148

